

Beyond Kegels Home Program

Beyond Kegels Self Care

Name _____ Date _____

- ☐ Eliminate Caffeinated Fluid/Day _____ cups/day
- ☐ Non Caffeinated Fluid/Day — 6-8 glasses
- ☐ Nonpurposeful Activity/Day — 20-30 minutes/day
- ☐ Physiological Quieting
 - Audiotape 20 minutes/day
 - Hourly diaphragmatic breathing/handwarming
- ☐ Other _____

Fabulous Four Exercises

_____ Minutes | _____ x Day

☐ 1. Relaxed Awareness of the Pelvic Muscles (fig. 21)

- Focus on your breathing.
- Release toes to head into the support.
- Focus on pelvic muscles,
- Lift up/tighten gently, then release 3-4x.

☐ 2A. Assisted Pelvic Muscle Tightening - Adductors (fig. 22)

- Roll your knees in on Kegelball and rotate heels out.
- Lift up and in with pelvic muscles. Yes ☒ No _____
- Hold for 10 counts, release for 10 counts.

☐ 2B. Assisted Pelvic Muscle Tightening - Obturators (fig. 23)

- Roll your legs out on Beyond Kegelband and rotate heels in.
- Lift up and in with pelvic muscles. Yes ☒ No _____
- Hold for 10 counts, release for 10 counts.

☐ 3. Quick Contractions of the Pelvic Muscles (fig. 24)

- Lift up and in quickly and release quickly.
- Tighten for 2 seconds and release for 2 seconds.
- Repeat 5 times at the beginning and end of session.

☐ 4. Standing Plie (fig. 25)

- Stand with feet pointing out and heels close together.
- Slowly bend knees 3"-4" for count of 5.
- Straighten knees slowly for a count of 5.
- Relax completely for a count of 10.



Fig. 21



Fig. 22



Fig. 23

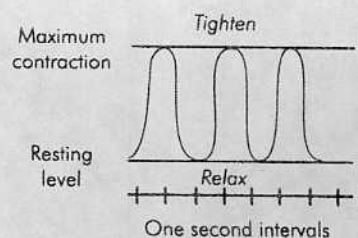


Fig. 24

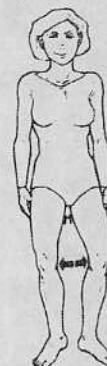


Fig. 25
All Illustrations

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Signature _____



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Physiological Quieting Diaphragmatic Breathing

The diaphragm is a large sheetlike muscle that rests in a dome shape upward into the chest cavity to the nipple area from the bottom of the rib cage and the lumbar spine. As you inhale the dome flattens and pulls down to the bottom of the ribcage. During exhale the diaphragm moves back to the dome shape. When breathing correctly, the shoulder and chest areas remain quiet, the jaw is relaxed, and the teeth are separated.

To practice

"Inhale, let your abdomen rise and your low back arch gently. Exhale, let your abdomen fall and your low back flatten. Quiet shoulders, quiet chest."

There is equal time for inhale and exhale. Inhale through the nose, exhale through the mouth or nose.

Practice diaphragmatic breathing initially in a reclined position, then in sitting and standing. Practice 4-5 diaphragmatic breaths every hour during the day.

Advanced Diaphragmatic Breathing Technique

In supine focus on your own natural breathing rhythm.

As you inhale

- let your abdomen rise,
- low back gently arch, and
- legs roll out 1-2 inches.

As you exhale

- let your abdomen fall,
- low back gently flatten as the
- lower abdominal muscles tighten from symphysis pubis to bellybutton, and
- legs roll in.

After this is easy and effortless to do add the arms rolling out on inhale and rolling in on exhale.

Notes

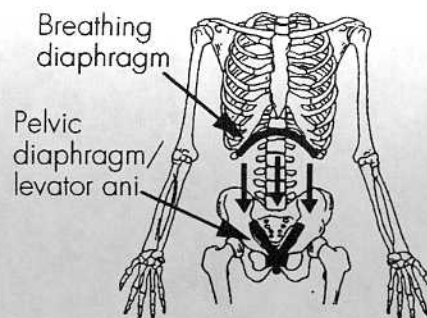


Fig. 19

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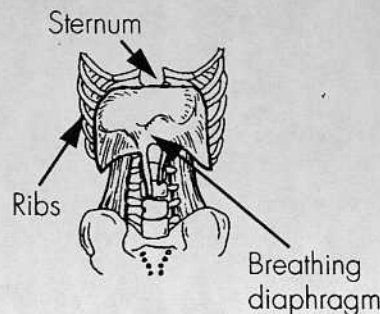


Fig. 20

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